

# Information for Emigrants

## Canada

*Canada is an increasingly popular destination for Irish emigrants. The majority of people settle in Toronto and Vancouver, but there are also good job opportunities in other provinces.*

### Visa

A large number of Irish people travel and work in Canada through the International Experience Canada (IEC) initiative. This allows people between the ages of 18 and 35 to travel and work in Canada for up to one year. To be eligible to participate in this working holiday programme you must hold an Irish passport that remains valid throughout your stay in Canada and have C\$2,500 to help cover expenses at the beginning of your stay. Participation in the IEC programme is restricted to two one year periods.

Although the IEC visa is very popular there are other options available:

- Skilled workers and professionals may be eligible to become permanent residents based on their ability to become economically established in Canada provided they have experience in certain occupations.
- If you have two years full time work experience in Canada you can apply for the Canadian Experience Class visa.
- Under the Family Sponsorship Programme Canadian Citizens and permanent residents can sponsor certain relatives.

It is extremely important that you maintain your legal status during your time in Canada. If you are planning to stay long term you may need to apply for your next visa long before your current visa expires. If you are found without a valid visa you risk deportation and having an exclusion order made against you.

### Accommodation

The price of accommodation can vary depending on where you are in Canada. The cost of living in Toronto and Vancouver is high. Apartments will generally be unfurnished so you will need to include a budget for furniture when you first arrive.

### Employment

While people tend to gravitate towards the bigger cities in Canada it is worth considering employment opportunities in other parts of the country. The provinces have their own immigration programmes for people who want to stay long term. Examining these programmes may give you a good idea of the jobs that are available in different provinces. You will need to prepare a Canadian-style résumé. Visit [www.canadavisa.com/canadian-employment-resume.html](http://www.canadavisa.com/canadian-employment-resume.html) for tips.



### What to Do Before You Go

- Research job opportunities in all provinces, not just in the bigger cities
- Update your CV so it is suitable for the Canadian market and bring proof of your qualifications
- Arrange temporary health cover
- Bring sufficient funds to live on until you get paid and to cover additional expenses like rent deposits
- Bring several forms of identification - passport, driver's licence, birth certificate
- Bring references from previous employers and landlords

### What to Do When You Arrive

- Contact the Irish Canadian Immigration Centre for help and advice
- Get involved with the local Irish community through Irish clubs and organisations
- Research health insurance options and arrange private health insurance if necessary
- Open a bank account - you may need to present proof of identity, proof of address and your Social Insurance number
- Register with your local parish and ask if there are other Irish people in the area



### Health Insurance

All Canadian citizens and permanent residents are eligible for public health insurance. Each province has its own health insurance plan and in some provinces temporary workers may also be eligible for health care coverage. To find information about health care in Canada visit [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

### Job Websites

[www.irishjobs.ca](http://www.irishjobs.ca)  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)  
[www.monster.ca](http://www.monster.ca)  
[www.craigslist.org](http://www.craigslist.org)

### USEFUL CONTACTS

#### Support & Assistance

##### Irish Embassy in Ottawa

Embassy of Ireland, Suite 1105 (11th Floor),  
130 Albert St, Ottawa, Ontario, K1P 5G4

Phone: +1 613 233 6281

Website: [www.embassyofireland.ca](http://www.embassyofireland.ca)

##### Irish Canadian Immigration Centre

67 Yonge Street, Suite 401, Toronto,  
Ontario, M5E 1J8

Phone: +1 416 603 9549

Website: [www.irishcdn.org](http://www.irishcdn.org)

##### Canadian Embassy in Ireland

7-8 Wilton Terrace, Dublin 2

Phone: +353 1 234 4000

Website: [www.ireland.gc.ca](http://www.ireland.gc.ca)

##### Canadian High Commission in London

(which handles visa services for Irish residents)

1 Grosvenor Square, London W1K 4AB

Phone: +44 207 258 6600

Website: [www.unitedkingdom.gc.ca](http://www.unitedkingdom.gc.ca)



## Irish Episcopal Council for Emigrants

*A Council of the Irish Catholic Bishops' Conference*

*Columba Centre, Maynooth, Co. Kildare*

*Tel: 01-5053155 Fax: 01-6292363 Email: [emigrants@iecon.ie](mailto:emigrants@iecon.ie)*